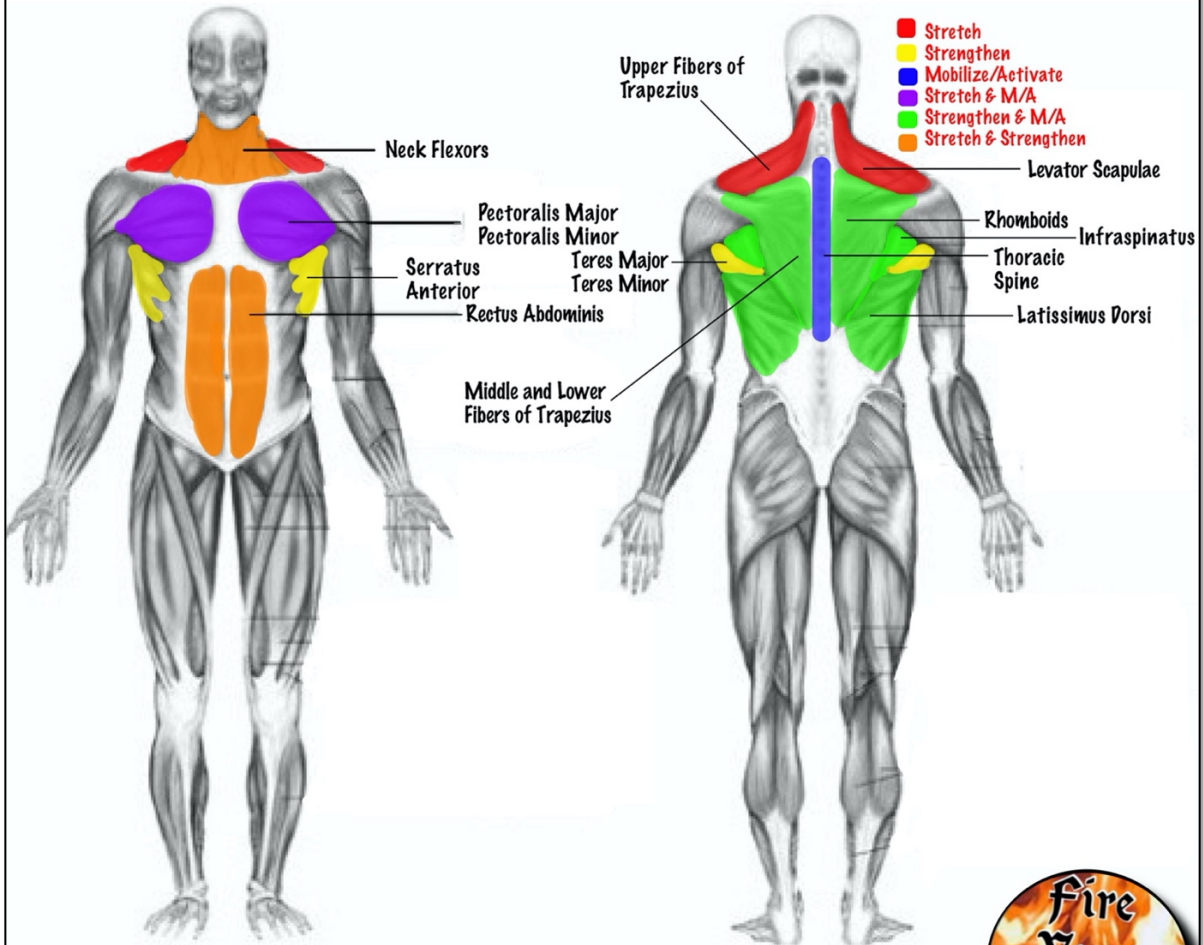
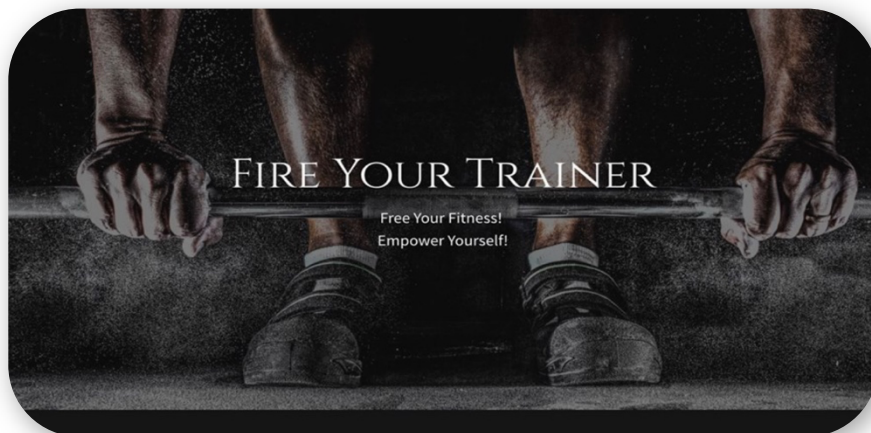


# Upper-Crossed Syndrome



## UPPER-CROSSED SYNDROME

## FOUR-PHASE TREATMENT PLAN



UPPER-CROSSED SYNDROME, AS DESCRIBED BY VLADIMIR JANDA, AS BEING TIGHTNESS IN THE UPPER TRAPEZIUS AND LEVATOR SCAPULA ON THE POSTERIOR SIDE OF THE SHOULDER GIRDLE CROSSING WITH TIGHTNESS IN THE PECTORALIS MAJOR AND MINOR ON THE ANTERIOR SIDE OF THE SHOULDER GIRDLE. THIS TIGHTNESS IS THEN COUPLED WITH WEAKNESS IN THE DEEP NECK FLEXORS AND CROSSED BY WEAKNESS OF THE MIDDLE AND LOWER TRAPEZIUS. UPPER-CROSSED SYNDROME CREATES ROUNDED SHOULDERS AND A FORWARD HEAD POSITION.

IN RECENT TIMES, U.C.S. HAS BECOME A MORE PROMINENT CONDITION DUE TO CELLPHONE USE, COMPUTER USE, AND LONG COMMUTES DRIVING. THE ABOVE-MENTIONED MUSCLES BECOME TIGHT OR WEAK FROM PROLONGED POOR POSTURE.

### MUSCLES INVOLVED:

- **ABDOMINAL MUSCLES** – STRETCH AND STRENGTHEN
- **INFRASPINATUS** – STRENGTHEN, MOBILIZE, AND ACTIVATE
- **LATISSIMUS DORSI** – STRENGTHEN, MOBILIZE, AND ACTIVATE
- **LEVATOR SCAPULAE** - STRETCH
- **MIDDLE & LOWER FIBERS OF TRAPEZIUS** – STRENGTHEN, MOBILIZE, AND ACTIVATE
- **NECK FLEXORS** – STRETCH AND STRENGTHEN
- **PECTORAL MUSCLES** – STRETCH, MOBILIZE AND ACTIVATE
- **RHOMBOIDS** – STRENGTHEN, MOBILIZE AND ACTIVATE
- **SERRATUS ANTERIOR** - STRENGTHEN
- **TERES MAJOR** - STRENGTHEN
- **TERES MINOR** - STRENGTHEN
- **THORACIC SPINE** – MOBILIZE AND ACTIVATE
- **UPPER FIBERS OF TRAPEZIUS** – STRETCH

PHASES I - IV ARE TO BE DONE A  
MINIMUM OF  
3 DAYS A WEEK.

AS YOU MOVE THROUGH THE CHECK  
THE DAYS YOU PERFORM THE  
EXERCISES FROM THE LIST IN THE  
ATTACHED CALENDAR.

**\*\*SUGGESTION: KEEP NOTES ON HOW IT  
WENT IN YOUR WORKOUT JOURNAL AND  
VIDEO YOURSELF PERFORMING THE  
EXERCISES TO IMPROVE YOUR  
MOVEMENTS\*\***

BEING ROOTED IN POOR POSTURE, U.C.S. CAN TAKE LONGER THAN MANY OTHER COMMON FAULTY MOVEMENT PATTERNS OR DYSFUNCTIONS TO RESOLVE. HOWEVER, BY CONSISTENTLY ADHERING TO THE TREATMENT PLAN OUTLINED BELOW THE SIDE EFFECTS OF U.C.S. WILL BEGINS TO ABATE QUICKLY AND, IN TIME, IT CAN BE FIXED.

**THE BELOW EXERCISES ARE DENOTED BY DURATION, REPETITIONS, AND SETS.**

**"X \_\_\_\_"** DENOTES THE NUMBER  
OF REPETITIONS

**"/ \_\_\_\_"** DENOTES THE NUMBER  
OF SETS

THE DURATION IS SPECIFIED IN  
SECONDS

# PHASE I:

## WARM UP:

1. MORNING STRETCH X 3 / 1
2. CAT/COW X 5 EA / 2

## PART:

1. SUPERMANS X 10 / 2
2. REVERSE FLOOR/WALL PRESS WITH 7-COUNT PAUSE X 15 / 1
3. LYING NECK FLEXION WITH 3-COUNT PAUSE X 10 / 2
4. SEATED BANDED ISOMETRIC ROW (MINI BAND) X 60 SECONDS / 2
5. ISOMETRIC SCAPULAR WALL PUSH X 60 SECONDS / 2
6. DOORWAY STRETCH X 120 SECONDS / 1
7. SEATED LEVATOR STRETCH X 120 SECONDS / 1
8. SEATED UPPER TRAP STRETCH X 120 SECONDS / 1



PHASE I	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

## PHASE II:

### WARM UP:

1. MORNING STRETCH X 3 / 1
2. CAT/COW X 5 EA / 2

### PART:

1. HEAD'S UP WITH 3-COUNT PAUSE X 10 / 2
2. SWIMMING SUPERMANS X 10 / 3
3. PRONE REAR FLYS (DUMBBELLS) X 12 / 3
4. BAND PULL APARTS (MINI BAND) X 12 / 2
5. SCAPULAR PUSH UPS (QUADRUPED) X 10 / 2
6. HOLLOW HOLD X 60 SECONDS / 2
7. THREAD THE NEEDLE WITH PULL X 120 SECONDS EACH / 1
8. ISOMETRIC WALL FLAT BACK X 60 SECONDS / 2



PHASE II	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

## PHASE III:

### WARM UP:

1. MORNING STRETCH X 3 / 1
2. CAT/COW X 5 EA / 2

### PART:

1. SHOULDER DROPS X 12 / 2
2. WALL CIRCLES (CHEST OPENER) X 10 EACH / 2
3. V-CRUNCHES X 20 / 3
4. PULLOVERS (DUMBBELLS) X 10 / 3
5. PLANK X 60 SECONDS / 2
6. WHEEL POSE X 60 SECONDS / 2
7. SIDE LYING THORACIC TWISTS X 10 EACH / 2



PHASE III	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

## PHASE IV:

**WARM UP:**

1. MORNING STRETCH X 3 / 1
2. CAT/COW X 5 EA / 2

**PART:**

1. BODY WAVES X 60 SECONDS / 1
2. DEAD BUGS X 15 EACH / 3
3. SUPINE JEFFERSON CURL X 5 / 2
4. JEFFERSON CURL (DUMBBELLS) X 12 / 2
5. WIDE-GRIP BENT-OVER ROWS (DUMBBELLS) X 10 / 3
6. ISOMETRIC CHEST PRESS (DUMBBELLS) X 60 SECONDS / 2
7. LOW ROWS (DUMBBELLS) X 10 EACH / 2
8. LAT PULLDOWN WITH 3-COUNT PAUSE (LOOP BAND) X 15 / 3
9. SERRATUS STRETCH X 120 SECONDS EACH. / 1



PHASE IV	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							